



# **Fresh Food Frenzy**

## **Grow Your Own Groceries**

**Find, Use and Enjoy Locally Grown Food While...**

**Saving Time, Money & the Planet!**

### **Your Yard- A Food Producing Paradise**

Spending less money on food while feeding your family healthfully can be challenging for most families. Many want to grow food at home or use more local food in their diets. A local resident, Marcia Baudino has an average Coon Rapids sized lot and has transformed her yard into a food producing paradise! She has permanent raised beds to grow annual vegetables, permaculture (permanent agriculture) landscape in her front yard producing food and 130 fruit bushes. Using food she grows and some purchased at the local farmers markets; Marcia fills four freezers with meals each season that sustain her family year round. She will share her story, present photos and send you home with resources to help you get started.

**Presented by Marcia Baudino**

### **Local Food for Dinner 365 Days a Year**

Have you been wondering how to find and use more local food? How to use the abundance from the summer farmers markets year round? Wondering about Community Supported Agriculture (CSA) programs or how to find and join CSA that fits your needs? Then please join us as we discuss these topics. Money and time saving tips will be shared for finding local food, making it into meals that can be frozen and enjoyed year round.

**Presented by Marcia Baudino**

### **Permanent Raised Beds the Permaculture Way**

Enjoy huge yields, almost no weeding and never till again! (No lumber or hammers needed.) Learn how to build, mulch, plant and maintain raised beds using Permaculture Principles. Companion and succession planting and crop rotation will be discussed. Plan to enjoy abundant yields of annual vegetables with minimal labor.

**Presented by Marcia Baudino**

**Sponsored by the Coon Rapids Sustainability Commission to promote and support sustainable practices.**